Evening World Daily Magazine

Along the Subway Car

There's a Lot You Have to Stand for Besides the Ride!

By Jack Callahan



Pauline Furlong's Articles on Health and Exercise

The Best and Surest Way to Keep Free From the Disorders and Ailments Common in the Fall Is to Keep Your Health Vigorous by Proper Methods of Living, Says

Evening World Authority.

The Best and Surest Way to Keep Free From the other frequent complaints, and should consist of not more than two meals a day at intervals of six or seven hours or more. Foods containing a reasonable amount of protein and starches, milk, eggs, rice, beans, peas, whole wheat bread, and pint but or cold water—hot water dissolves the powder quicker. After a few hours, or next morning, strain the measure and keep tightly carked. This is also good for taking a reasonable amount of protein and starches, milk, eggs, rice, beans, peas, whole wheat bread, and is a chief powder quicker. After a few hours, or next morning, strain the measure and keep tightly carked. This is also good for taking a reasonable amount of protein and starches, milk, eggs, rice, beans, peas, whole wheat bread, and the powder quicker. After a few hours, or next morning, strain the measure and keep tightly carked. This is also good for taking a reasonable amount of protein and starches, milk, eggs, rice, beans, peas, whole wheat bread, and the provider that the powder quicker. After a few hours, or next morning, strain the measure and keep tightly carked. This is also good for the measure and keep tightly carked. This is also good for the measure and keep tightly carked the provider. After a few hours, or next morning, strain the measure and keep tightly carked. This is also good for the measure and keep tightly carked the provider. After a few hours, or next morning, at a few hours, or next morning, at a few hours, or next morning to the measure and keep tightly carked the provider. After a few hours, or next morning to the powder quicker. After a few hours, or next morning to the measure and keep tightly carked the measure and

By Pauline Furlong

THIS is the season of the year an inflamed condition of the mucous when hay fever, malaria, com- membrane, which results from cer- also essential in preventing hay mon colds and other diseases tain poisons in the blood, caused by fever and to-morrow I shall tell you attack persons undigested waste matter from the about them. who are not phy- stomach and intestines. I am ready

PAULINE FURING seems almost ab-

surd to be ill. I am convinced that it is just ignorance of the laws of

hygiene or else absolute indifference

to the condition of the health that

causes many persons to fall ready victims to various diseases.

is such an easy occasion for hay fever but certainly

just enough fruits and green vege- always handy around the house. tables to properly balance the diet should be eaten. Other things are

sically fit, and it to agree that the pollen may be the Answers to Health and Beauty Questions.

INFLAMED EYELIDS - MRS. J.

OIL SHAMPOO FOR DRY SCALP -MRS. N. C.: Just apply sweet of to parts in the scalp with a piece of absorbent cotton the night before using the castile scap sharpped. This loosens the dandruff cleans the scalp and feeds it the oil it so badly needs. It also makes the hair very glossy after washing.

matter to keep not the cause, as the real cause is well and prevent and avoid these disorders that, to one who knows how to live, it seems almost ab-WRINKLED HANDS-MRS. K. H.:

Sunday's Intimate Talks With Girls

"JOY" RIDING By "Ma" Sunday

(Wife of Billy Sunday, the Famous Evangelist.) "HE pretty young daughter of a Her mother wrote she knew I into her young mouth.

"joy riding" once of frivolous, half pretty child would be alive to-day!"

former laundress of mine is would not be surprised, and bitterly

car, with its load devil's influences harder, maybe my to bestow on her daughter.

drunken young No. I was not surprised. I had i "It is no wonder she attracts notice. ricklessnoss, with its inevitable stop

forward. I had seen her arow ashamed of her mother's occupationthe very thing which had put bread sorry story out into the light-box

broken letter from taken the advice I had given her child talking to the young man who an olde: woman as a chaperon-how her mother - concerning her baby, for that's what had owned the fatal car and a well-to she had had wine given her and Mabel had gone she was-just a child of eighteen. | do broker, both of them of infamous "If I had forbidden Mabel to leave reputations. I had gone straight to the house without me," she wrote her mother, but even she poor, blind, had led to the death-bridge, was The man who "If I had spent every moment I could loving coul-was flattered by the at typical of many of these so-called was driving the in prayer; if I had fought against the tentions which others were beginning

"But she is so pretty!" she cried.

But ahe did not The papers coon dragged the whole Mabel had shyly consented to take And the year before I had been "just one ride" how her fears bad dead! I received a heart she grieved because she had not seriously alarmed when I saw the been southed by the introduction of money spent on her

> The history of that night, which "joy rides."

> The "joy ride," with its suggestie. of a stolen pleasure, with its hint of it roadhouses, is one of the great dangers of to-day to young and unsophisticated girls.

The men who propose such rides are bent upon the worst purp as possible—the ruin of a girl's soul. (Copyright, 1917, by The Bell Syndiesta Inc.)

Pin Money

THE THOROUGHBRED

By Henry Kitchell Webster

and give up the man I love. Do you think this sacriffus obligatory?"

I certainly do not. Every woman fore the expiration of that time, got to his feet again, unlocked the door, and be fore the expiration of that time, got to he asked to give it convely to and with a ceremony pathetically out of place in the circumstances, unlocked then the first skept me got ing. I have kept and, and I've got to the feet again, unlocked the door, thing close the feet again, and I've got to another.

She got up and held out her man in the first skept me got ing. I have kept and, and I've got to another, the hand it the least idea that the feet again, unlocked the circumstances, the things right the wore wrong best the things right the wore wrong best to the had avowed for nothing the had avowed for nothing the had avowed for nothing the statement to the feet again.

"J. A." writes: "A young man is paying attention to a girl and they have agreed to marry in two years. But he does not want to court her openly for the present, as he is the main support of his family. The girl's manufacture with the consequence should be acknowledged. Would it he ask the consequence of his family. The girl's manufacture is a down she promptly took the other to get him to make a size down she promptly took the other least that I'd horsest a first that the size down she promptly took the other least that I'd horsest a first that the size down she promptly took the other least that I'd horsest a first that the size of this teats! On the consequence of his family, The girl's manufacture were two chairs one with a that I'd horsest that the that the size down she promptly took the other least that I'd horsest that the size down she promptly took the other least that I'd horsest that the size down she promptly took the other least that I'd horsest that the size down she promptly took the other least that I'd horsest that the size down she promptly took the other least that I'd horsest that when I filled up with bulky objects which she told him so the other day. He was a size of her as well as her him and entered the interest of his teast? On the course of his teast? On the course of his teast? On the promptly took the other least that I'd horsest that the size down a sort of many joint and the promptly took the other least that I'd horsest that the size of the least that the least that the thinds in the least that the thinds in the thinds in the thinds in the thinds in the least that the least that the hinds it has been been an uneasy attempt to u

I should advise them to do so. He is putting the girl in a faise position, even though he doesn't realize it.

This is made out to me," she said, rounded with the critical with the check from her wrist-rightness about our things—see him his quarriess could harsily a system though he doesn't realize it.

This is made out to me," she said, rounded with the critical with the check from her wrist-rightness about our things—see him his quarriess could harsily a system of the check from her wrist-rightness about our things—see him his quarriess could harsily a system of the check from her wrist-rightness about our things—see him his quarriess could harsily a system of the check from her wrist-rightness about our things—see him his quarriess could harsily a system of the check from her wrist-rightness about our things—see him his quarriess could harsily a system of the check from her wrist-rightness about our things—see him his quarriess could harsily a system of the check from her wrist-rightness about our things—see him his quarriess could harsily a system of the check from her wrist-rightness about our things—see him his quarriess could harsily a system of the check from her wrist-rightness about our things—see him his quarriess could have the check from her wrist-rightness about our things—see him his quarriess could have the check from her wrist-rightness about our things—see him his quarriess could have the check from her wrist-rightness about our things—see him his quarriess could have the check from her wrist-rightness about our things—see him his quarriess could have the check from her wrist-rightness about our things—see him his quarriess could have the check from her wrist-rightness about our things—see him his quarriess could have the check from her wrist-rightness about our things—see him his quarriess and the check from her wrist-rightness about our things—see him his quarriess could have the check from her wrist-rightness about our things—see him his quarriess and the check from her wrist-rightness and

believe that when I her address. So that he could be could be that the was her as well as her husband of success of his tests! On it was to was quite plain ural enough that he spould was the lim just one of do that especially considering

d to believe a h was his misness his faller d see him sur- make that divious little a possed dense of his that made it seem queen his

had really raised his wages last Saturday to thirty dollars a week, and if so, why he had fergotten to tell her. TSP six weeks after Cella took Forgotten! And come home on a Saturday night without his week's pay in his pocket! And looked so blank when she'd asked him for it!

CHAPTER XIX.

her two thousand dollars to Major March-six weeks and one day, to be precise, bringing it upon a Tuesday, along She waited, breathlessly one might about it o'clock in the morning, right

already seeded and sprouted in her larly, her car told her.

The notion would not have occurred to her, even though labelled prepositions, that Alfred might have offered March fifty dollars.

And now that she looked at it, she saw another stalk growing beside it—saw another stalk growing beside it—saw another stalk growing beside it—shots. Oid lady, we may get to be that really raised his wages last Sat-

"Yours most sincerely,"
"MAJOR MARCH."

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.

Pointers

The continue of the Audit of the Continue of t

never thrash you?"

"Never," replied Tommy. "We have moral sun don in our school."

"Oh, we get kep' in, and stood up in corners, and locked out and locked tu, and made to write one word a thousand times, and scowled at and jawed at and that's all."—Motherhood Maga-